Depot Town Rag

February, 1987

Meetings for the good of the block:

Chamber After Hours
Aubree's 2/18 5-7 p.m.

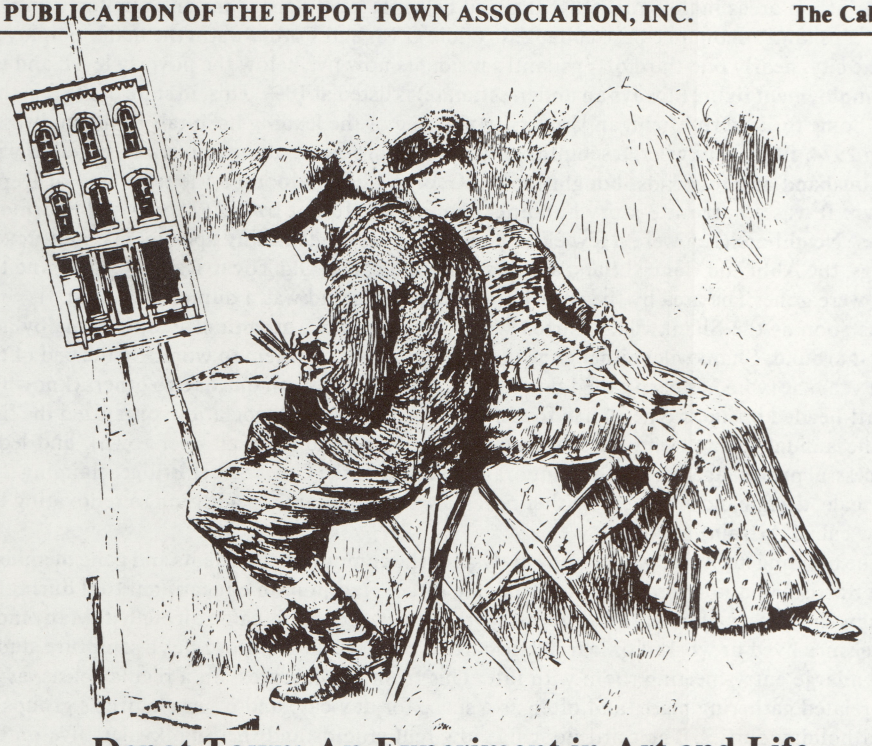
Foundation
The Caboose 8 p.m. 2/5

Jazz Concert
Freight House 2/14 6:30 p.m.

Association
The Caboose 2/19 7:30 p.m.

Engine Club
tba 2/26 7:30 p.m.

A PUBLICATION OF THE DEPOT TOWN ASSOCIATION, INC. **The Caboose, 400 Market Place, Ypsilanti, Michigan 48198**



Depot Town: An Experiment in Art and Life

-by Carol Jacobson

Neighborhood revitalization doesn't necessarily have to mean the yuppies are taking over. In some cases it has become a creative, constructive experiment in a just form of social change. The difference is in the pioneers -- those who initiate and follow through with a vision that distinguishes between short term profits and long term gains.

The price of changing neighborhoods has almost always been the displacement of poor, elderly and minority citizens. Both neighborhood upgrading (residential improvement primarily by incumbents) and gentrification (mixed land use restoration by both new and former residents) had become significant trends by the mid 1970's, mostly because the baby boomers were mature and looking for their own houses. With prices rising in the suburbs, plus the feeling of "seamless" or "sterile" living, many decided to migrate back to the cities. Their own "sweat equity" (or that of developers on their behalf) was soon squeezing out long time residents who couldn't afford to stay because of the rent and tax increases that resulted. (Generally, property taxes have risen on all properties in revitalized neighborhoods -- and beyond -- whether or not individual ones were improved. And predictably, loans for rehabilitation are unavailable to the poor, although occasionally banks have been known to offer loans for homes outside the cities just to get people out). Gradually, or sometimes suddenly, the population shifts, and the lower social classes "give way" to mixed and then middle or upper middle incomers. Diversity is lost as groups are isolated on the basis of income alone. With developers, especially those involved with conversion properties (rentals to owned housing or residential to business use) the impact has been especially devastating to neighborhoods, but all types of reinvestment have contributed to the crisis.

In the late 70's studies were showing that the single most effective factor in protecting the rights of the displaceable class and in maintaining economic, racial and other diversity was the community's own organizer/organization whose role was its own advocacy. It was this activist group which could not only negotiate with the city, apply for grants and loans and oversee

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Jazz Series Under Way, Dance Party Featured

Saturday, February 14 at the Freight House

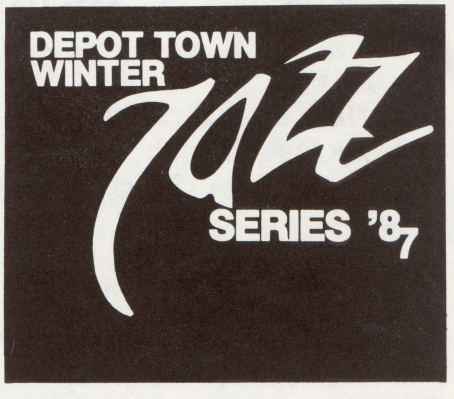
—**The Don ReVels Due,** a runner up in the Competition, richly deserves wider recognition. He was the elegant singer at McKeever's graduation party/house-warming in December.

—**Roy Brooks and the Artistic Truth,** one of the great drummers, composers and bandleaders, will offer music of uncommon creativity, capped by an appearance by **George V. Johnson,** direct from Newark where he's busy keeping Eddie Jefferson's vocalizse style alive and swinging.

—**The Valerie Wellington Blues Band,** Chicago's hottest new blues belter, in an exclusive area engagement with her own band. Her Frog Island Festival set took the tent by storm: she will offer three terrific dance sets starting at 10 p.m.

TICKETS: (Ann Arbor) Schoolkids Records, After Jan. 2) PJ's Used Records Little Professor Bookstore; (Ypsilanti) Tom's Party Store, Huckelberry Party Store, many Depot Town businesses and WEMU. For more information or a ticket mail order form, call 487-2229 any time. Season tickets @ $20, $8 at the door.

Produced by the **Depot Town Association** and by **WEMU,** the broadcasting service of Eastern Michigan University. Sound by Aerial Enterprises.



Cleanest Sidewalks in the North - but side-walks count too!

Snow Removal has not been a problem for the first part of this winter. January's single storm was easily cleaned up, except for the pedestrian walkway from East Cross to the Market Plaza. When the City's ordinance officer came down to investigate complaints, he slipped and fell, then reminded neighbors that the side-sidewalks are their responsibility, same as the front-side walks. Such side-sidewalks also exist at Fantasee Lighting, Miller Motors, the Sidetrack, Hon's Flowers, Aubree's, the Depot Town Auction House, Jim MacDonald's & Apple Annies, Paponetti's and the Grand Trunk.

Plaza Cleaning? Only question remaining was, "Who cleans the Market Plaza which connects the largest parking area with the commercial trail district?" DPW is looking into the issue, but may not have a response until the snow melts.

Frog Island Parking Lot: That parking lot has been excellently maintained by the City DPW these past several years. Many of our employees use that space for parking and it overflows on Market Days and Concert Nights. The lunch-time crowd has even discovered that it's closer to Depot Town than most of shopping center lots are to the anchor stores.

Aubree's Saloon & Second Floor
39 East Cross

Pronto Pizza
Pizza & Subs
37 East Cross 483-4555

Sidetrack
Good Food, Good Drinks, Good Times
56 East Cross 483-1053

Old Town Restaurant
Breakfast, Lunch, Dinner
38 East Cross

Paponetti's Pasta
Homemade Italian Food & Pastries
17 East Cross 483-3574

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development, but it also had the potential to devote attention to educational and cultural improvements and to work toward socio-economic integration.

True, this is a tall order, First of all, groups need money and resources to act on their own behalf, and secondly, the educational and cultural aspects are rarely given genuine concern. There are scattered examples of success, however, and these are worth particular attention.

One of them is Depot Town, an experiment in innovative artistic methods which has been evolving for about 12 years now. The neighborhood -- about three blocks square -- sits between the Huron River and the railroad tracks, about a half mile from the central downtown of Ypsilanti, Michigan. It is the 19th century birthplace of this economically distressed city on the edge of Detroit.

Ypsi (as the locals call it) saw its boom in the 1940's when the Willow Run Bomber Plant (one of Henry Ford's auto factories) was running full tilt. After World War II, like so many other urban areas in the northern industrial belt that were dependent on manufacturing for war, Ypsilanti's economic base collapsed. While G.M. and Ford are still the major employers in the city, nearly one-third of Ypsilanti's residents now live below the poverty level, and the unemployment figure (always an under-estimate) is listed at 10%. This, in spite of the fact that it is home to Eastern Michigan University and one of the leading hospitals in the midwest.

In 1974, Bev Shankwiler, a sculptor who is also a professor at the university, together with her husband and four kids, bought the old George Cady Saloon on the track end of Depot Town. It was a narrow, 3-story building, abandoned, full of trash (17 tons) and enormous holes. Neighbors then were a few elderly and poor residents in tiny apartments, motorcycle gangs, the Alibi and Central Bars, a little restaurant called Old Town, a shop or two, and the rest were gone. The area by the river known as Frog Island was a dumping ground.

As soon as the Shankwilers started work, they attracted attention. People came by and stood around. Shankwiler either consulted with them or put them to work. By the end of the first year she (who has been called the "idealist") -- together with one or two others (known as "hard-headed business types") had founded the Depot Town Association, organized the first of the annual spring clean-up campaigns (drawing people from all over town), and led a successful protest against the contemporary restyling of the Cross Street Bridge, claiming that the scale, design and cost were neither necessary nor "human". In addition to renovating the (now called Artrain) building.

The building itself really became a catalyst for the community. Students and gang members, other artists and landlords and townspeople discovered in it an educational tool during its design and construction period. Dozens worked on it. Hundreds came through it. Many more have since lived or worked or learned or partied there. (The first floor has a sculpture studio and a large entry-meeting room with loft. This front room serves, on a regular basis, as an art-related gathering place, and often as a space for day-care and other children's groups to hold holiday parties. The third floor has low-rent studios and the Shankwilers live on the second floor.)

"It became obvious to me that this activity, enthusiasm and openess was not only infectious, but was altering the perceptions of the community toward themselves and their environment," Shankwiler has said. "It was . . . an ongoing process of discovery, communication learning and growth. I've been concerned with the re-establishment of the artist within the community as a real force which allows the irrational and intuitive to function in a living society [in order to] decrease the separation between art and life." She knew what whe was doing.

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In 1975 Shankwiler convinced the Ypsilanti City Council to go after a $9,000 federal grant to back a long range plan for Depot Town. With the funds in hand the DTA hired its own architect to avoid the city's or any outside interests from taking over. Within the next few years, three more artists bought buildings from absentee landlords, accepting in the process a neighborhood agreement to maintain certain low-rent apartments for the elderly and low income residents who lived -- and continue to live -- there. These additional creative minds helped persuade the city to purchase the railroad freight house to establish a farmers market and a place to hold concerts, art shows and community events. The Association bought a caboose, and according to the Depot Town Plan, designed a play area for kids' art classes, planted trees and flowers, and placed benches everywhere for the aged and half-way house residents of the nighborhood.

The 80's brought an annual 3-day arts festival in August, Boomer Days in July (carp catching contest, chess tournament, crowning of Hobo Queen and King), and the Frog Island Blues and Jazz Festival in June (one of the largest in the midwest). **The Depot Town Rag** started publication as a free monthly newspaper, interior and exterior murals were painted on the walls, and free as well as fund-raising classes and parties were held. The Michigan Women Filmmakers made "Depot Town Alive"; the old Alibi brought in new musical groups upstairs and the pool shark regulars still practiced downstairs; and the Depot Town Plan won state and national awards for design.

Although many of Depot Town's achievements can be compared with those of other communities, there are several which set this neighborhood apart. One is its location within a predominantly lower and lower middle class city whose central business district remains depressed and without commuter-workers who are scrambling to move here. As an area that combines religious, residential, commercial and public land use, Depot Town offers mostly cost-free and low-cost enjoyment in keeping with its environment and its citizenry.

Second, the awareness by Depot Town's live-in organizers of the needs and rights of the elderly, the low-income and the mentally and socially impaired persons in their midst testifies to the viability of conscious social change.

And finally, while Depot Town has a relatively large percentage of artists living and working in its buildings and houses, the neighborhood refuses to settle for either an "artists' colony" or a "tourist attraction" tag. With all its diversity -- more accurately, **because** of its diversity and because of its acceptance of difference -- Depot Town operates as an open system where all of Ypsi's residents can feel at home. "This is the real world, not a place to open a 'cute' little shop," **The Rag** has stated self-consciously.

Under the leadership of artist and current DTA President, Carolyn McKeever, Depot Town still thrives on activism and creativity -- both local and imported -- with an authenticity it never knew in its early days as a commercial district catering to the railroad. While change and day-to-day life are not without incident or trouble, its record beats by a long shot the city that surrounds it. The artists and citizens of Depot Town have successfully blown the myth that the domain for meaningful art is limited to aesthetics and self-expression alone.

Acting on their own behalf, grass-roots organizers like those of Depot Town have proven their worth in the battle against displacement and many urban ills in other cities across the country. In the process they have brought renewal to public life and local politics as well. In St. Louis, the Cochran Gardens Project led by Bertha Gilkey rallied around a building which also served to generate neighborhood spirit -- that one named for Martin Luther King, Jr. They fought successfully to retain and upgrade their public housing in the midst downtown development when the "city fathers" tried to force them out. In Baltimore it was the citizens of St. Ambrose Housing Aid Center, in Savannah the Landmark Rehabilitation Project, and in more than 75 other U.S. cities community advocacy has sprouted with the help of seed money planted by the federal government through the Community Development Block Grants, the National Neighborhood Reinvestment and other assistance programs which stipulated community involvement had to be present in the planning process.

But the 80's have brought another story. In spite of the success of projects like Depot Town, Cochran Gardens and the others, and in spite of reports like the 1978 National Urban Coalition Study pointing to the need for expansion of these kinds of proven strategies, money earmarked as a voice and a leverage for the rights of the disadvantaged has been cut back or eliminated by the Reagan Administration. Instead, the support of the 80's has been diverted into subsidies to private firms and businesses. This is the decade that has seen more spent on military bands than on all the arts combined, more on arms research than all other kinds of research combined, more on the weapons of war than the efforts of peace and education combined.

Though hard work and heart work will go a long way in any community development program, public funding is critical for those who are vulnerable to forced relocation if they are to retain their rights to participate in thr revitalization of cities, rather than be pushed out into crowded and possibly desperate lifestyles. Visible changes will occur either way -- with or without designs for economic equity -- but the most visible of all will always be the signs of injustice.

Carol Jacobson, author of this month's feature article, is a Depot Town artist who knows the neighborhood well. The week previous to publication Carol called us from New York City, where she is participating in her most recent installation in a Broadway store window. She spent a week living in a peace encampment which features a different woman living in the window each week - for a year.

Jacobson has "camped-out" in Shankwilers' Artrain building, for the last seven years Her studio is the third-floor aerie of that building which justifiably gets the credit for starting the turn-around described in her article.

This piece was written last summer for the women artists' magazine, **Heresies! Feminist Art and Politics.** We're proud to try it out on the block first. It certainly helps to prove the validity of Carol Jacobson's artistic premisle.

(Your **Rag** editor welcomes such submissions to publish for the good of the block. Carol Jacobson's article in this issue, Richard Haas' recent Christmas story, and the continuing every-other-month Michigan Sesquicentennial Series are good cases in point. Just stick it in the slot in The Old Caboose and watch it come out here!)

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-Specialties-

The Grand Trunk, Ltd.
Cards & Gifts
15 East Cross 485-4994

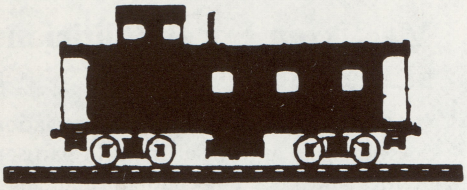
Big Bob's Magazines
Magazines, Comics, Posters
50 East Cross 485-4930

PEDDLER'S PATH
44 East Cross

The Cricket Box
a specialty gift & card shop

19 East Cross Street
Ypsilanti, Michigan 48198
(313) 487-5595

located in Ypsilanti's historic "Depot Town"



D.T.A. 15 January 1987

December Minutes approved as read.

Treasury Total	**$10,744.09**
General	7331.68
Rag	(712.30)
Jazz	4862.98
Caboose	30.00
Hallowe'en	32.78
Billboard	(467.24)
Boomer Days	53.93
Victorial Holiday	(387.74)

Letter from St. Luke's appears elsewhere in this issue.

Snow Removal from first fall saw pedestrian walkway become a serious hazard. City's ordinance officer, Frank Daniels, says it's the "same as a sidewalk; adjacent properties are responsible for cleaning it." Alley snow and ice clean-up was confusing, since DPW's Mike Yeager thought it was private property! City is "still investigating" the north-side alley situation.

Chamber of Commerce: Dodd will serve on Board of Directors. Read President Dan Tennow's comments on Festival of Lights benefits to Depot Town. February 3rd After Hours meeting at Aubree's. January's 1st Tuesday meeting featured Mayor and Township Supervisors.

Engine Club membership is getting too large for the Caboose, will meet at Old Town Restaurant January 22nd. City Hall's Sue Dickinson will speak on grants, depot plans, possible properties available.

Rag Report: Monthly sponsorship has risen to $10 a month. Good response for announced Sesquicentennial series. Historic District and 'gentrification' articles coming soon to fill-in between Sesqui-installations.

Pizza Party Proposal: DTA will entertain EMU/VCB's Community Interpretation class with pizza, beer, and local 'stories' via film and video to try out the NIFTY concept (New Initiative For Tourism in Ypsilanti). $100 allocated.

Heritage Festival planning sessions will begin soon. Many ideas abounded re: cleaning up the arts and crafts exhibitions.

Membership chair, Barbara Lohr, is updating list of paid and unpaid. Notices are imminent.

Jazz Series is under way. Austin Moro concert sold out with hundreds of new people. From Ann Arbor. With ties. Ray Paponetti's food concession had best night ever. New sound system is superior. Even the table applauded at the right times. February 14th's Roy Brooks/Valerie Wellington concert will feature at 10 p.m. - 2 a.m. dance party in addition to the regular format -- announced by posters and WQIB sport the week before.

Country Music Series will not happen due to lack of interest from the radio promoter. Discuss adding Sunday Country to Frog Island Festival or additional concert after Heritage Festival.

Participating Merchant stickers are in the hands of the merchant's committee for decision criteria for placement. Will billboard and Rag backsliders be included? It's up to them.

Wedding bells will be sounding for Michael Ready and Renee Renas on Saturday, June 27th. Investigate City liability rules for Freight House, DTA policy, homeowner's policy.

Liquor Liability Insurance has risen from $510 to $612 per event. DTA will sponsor seven events this year. Mark Cotter, of Finn's JM&J Insurance says, "deposit amount is still to be solved."

Best Yet Award to Mark Cotter for getting the Association the best possible liquor liability insurance rates in a time of skyrocketing costs.

The Golden Goose Award to the vandals who broke into Leon Chapman's Bar Gan Auto Rental on River Street.

Adjourned at 9:05

Dear Friends:

On behalf of St. Luke's Congregation, I want to thank you for the really splendid Festival of Lights in Riverside Park. As a fairly recent newcomer to Ypsilanti, I am constantly delighted at the ingenuity of people who care about our community - and the Festival of Lights is a good example of that spirit. As an historic parish overlooking the Park and with a growing sensitivity towards our own property. I hope that next year we can join you in adding something of our own to this fine Festival.

Keep up the good work! And for all of us, I wish you a fruitful 1987.

Sincerely,
The Very Reverend
Jasper Pennington, Rector
St. Luke's Episcopal Church
120 North Huron Street

Rent The Old Depot Town Caboose For Your Private Valentine/Jazz Party

Valentine's Day is Caboose Birthday, too, and you can rent that space on one of the biggest jazz nights in the district - or any time, for that matter. But, why not rent that space for your own private party during the Valerie Wellington Concert? Electric baseboard heat, dimmer-controlled lighting and Valentine-red carpeting make it an ideal spot for your catered dinner. $25 rents the facility. You make the other arrangements. Call 482-6371 for information and reservations.

Sesquicentennial Series Well-received

January's first installment of the series to commemorate Michigan's acceptance to Statehood saw many notes, phone calls and comments. The succeeding five installments will reflect the lore and research of many of our neighbors. Watch for "Daylight in the Swamps" in March. The series will continue every-other month through 1987.

Depot Town Rag

THE DEPOT TOWN RAG:

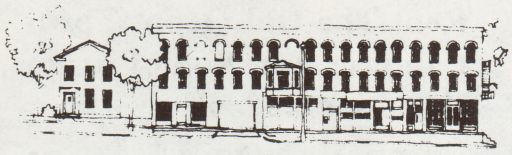
A publication of the Depot Town Association, Inc., a nonprofit, tax-exempt corporation dedicated to preserving the unique character of the neighborhood and to the enhancement of its business climate.

The Depot Town Association, Inc.,
Gary McKeever, President
The Caboose, 400 Market Place
Ypsilanti, Michigan 48198

Hansen's
Standard Printing
"Historic Depot Town"
483-0339
35 East Cross St. • Ypsilanti, MI 48198

New Ad Format:

Notice how our loyal sponsors are presented differently, beginning with this issue of The Rag. There's still room for more — at only $10 a month. We encourage all our sponsors to send us copy to include with their insert every month.



-Services-

River Art Works
Custom Framing
48 East Cross 482-8785

Ike's Depot Town Barbershop
40 East Cross • 483-6300

City Radiator
110 North River 483-2248

Ted's Auto Electric
307 North River 483-1238

B & D Retail
Plumbing & Heating
310 North River 487-1510

Ypsilanti Recycling Project
20 East Cross • 487-9727

Hansen's
Standard Printing
35 East Cross • 483-0339

Depot Doo
Fine Design in Hair Style
25 East Cross ‡ 484-3045

City Fails in Grant Seeking

Improvements to the north-side parking lot (between Frog Island and Depot Town) won't be happening this year, since the City was not successful in its application for a Michigan Equity Grant for up to $100,000. The possibility of tacking the matching grant for the replication of the 1900's signal tower at the Cross/River intersection died with that refusal. Signal tower plans continue to clutter DTA planning tables and even the Engine Club has looked at the possibility of rebuilding the antique edifice in their newly adopted neighborhood. Who knows? Maybe they can do what the City and State couldn't.

State's Signage Still On Hold

The new year began without any signs appearing in the rest of the world to tell folks how to find their way through Ypsilanti's back streets to Depot Town. City Hall's planning director, Mary Steffe, gave the block the last word on this last summer when she said work orders for several signs had appeared on the desks of State Highway Department officials. So far, only the DTA-erected billboard on the westworks of the Follett House gives any indication of where this old pile of bricks is - and what it is called. Seems that quite a few people have found Depot Town on their own (and they continue to come back again and again) but, what about those who are still driving around the calf paths of Our Town, seeking such neighborly ambiance? They're still on their own.

An Open Invitation

Saturday mornings in the Freight House Coffee Shop continue to be a good time for shop and building owners to fraternize (and sororize?) during the early hours of the Farmers' Market and before the regular business hours on the street.

Market Manager Gary Urich has suggested the DTA create an information booth and, it seems, all we really need is a sign on that table nearest Estella Sutherland's coffee pot to make it official.

Friends and neighbors continue to congregate here each week - and it's not unusual to see Hizzoner and much of the City Council stop by. Over the year, just about every issue in the community is represented at this informal cracker barrel setting. Topics range from government grants to new babies to photography to renovation plans to one-way streets. Plenty of hand-shaking, sincere baby-kissing and smiling goes on there, too.

Not at all official or formal, Saturday mornings in the Coffee Shop continue to provide a wonderful opportunity for creative neighborhood dialog and neighborly affection. If you haven't already joined in, why not give a try next Saturday? Some of the nicest people in the world are already there and you'll fit in just perfectly.

Meet Your Local Politicians at the Caboose

Although the Depot Town Association does not take an official stand in partisan politics and does not endorse candidates, many who seek political office have found the members of the Association to be influential in their support of issues which effect the district. November, December and January DTA meetings (3rd Thursday) have seen both candidates for the City's Fifth Ward Councilmember seat in attendance. These meetings on very local issues seem to be a perfect place to meet and test the skills of our policy-makers. Registered voters are always encouraged to take part in the helping make decisions - in and out of the voting booth. Come to February's DTA meeting and see what it's like. Danny Hoffman and Lois Wells will probably be there. Again. And that's good.

Alleyway Decision Stalled

The City has been 'studying' the situation of straightening out the north-side alley (from behind Aubree's to the Follett House) and controlling parking in that much-disputed space. The study began the year the outdoor Farmers' Market opened. Manager, Matt Hennessee, said at the end of 1986 that results should be available by January. Adjacent property owners still await an official decision and action on the parking problems in that area.

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Food Services -

Ypsi Food Co-op
3112 North River 483-1520

The Vitamin Shoppe
Vitamins, Herbs, Nutritional Suppliments
9 East Cross • 485-2711

Miller's Ice Cream
42 East Cross 485-7546

Ypsilanti's
Farmer's Market
Every Wednesday & Saturday in the Freight House

CROSS STREET ANTIQUES
33 East Cross

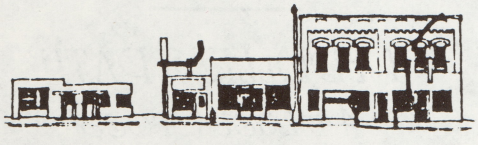
Jan and Nelson Gower have taken over Dalton's Depot Town Auction House and have already lettered **"Cross Street Antiques"** on the door window. Watch for a change in their awning lettering soon -one of the most effective sign designs in the Historic District. Jan managed the Auction House for Doug Dalton for some time and now will continue in that fascinating space as owner/manager of the consignment gallery of fine antiques.

Although last month's **Rag** reported Jan sidewalk bench disappearing, she obviously has not lost faith in the goodness of the block. (See MacDonald's bench. Not the same one, but they keep reappearing!)

Vintage Passion

Unusual & Different
Costume Jewelry
32 East Cross

Old Town Coin & Gold continues in their rehabilitation of the old Cities Service/Pure filling station in the middle of the block. The Robines purchased the building, recently, from the City Body owners and are undertaking massive remodeling to change the former garage and shop into retail merchandizing space. The new interior design will add much sales space to one of the block's most successful businesses when the move is completed.



Negotiations continue on the rest of the **City Body Shop** property, which has been offered for sale to the Sobbry brothers who operate their top-of-the-line body shop on Stoney Creek Road, near Milan. A provisional use permit for the operation has been stalled at City Hall, and appeals were under way in late January. The Sobbrys hope to restore the facades and remove and repair much of the rest of the property. Depot Town neighbors have been divided in their support of the project, since such rezoning would mean the property would continue with its present use, but the prospective owners have pledged repairs to the long-neglected buildings.

RAGTIME
More Authentic
Than Ever Before
Down in
Depot Town

* * * * * * * *

Antiques -

James MacDonald's Antiques & Apple Annie's Vintage Clothing
29 East Cross

Just when you thought there was no joy left on the cold sidewalks of winter, a (new) old bench appeared in front of the newly-painted facade of **James MacDonald/Apple Annie's Antiques** to show the promise of spring in old Depot Town. It's big wide seat with a most comfortable angle to it. This new sittin' spot promises to be a popular place for those early spring days. What a great southern exposure. Also, watch for a new awning to appear there soon which will complement the sprightly red, grey and white color scheme.

Thompson Building Mall
Over 4000 square feet of dealers
412 North River • 484-4288

Depot Exchange Antiques
Professional Furniture Stripping
54 East Cross

Jim MacDonald's Antiques
Apple Annie's
Vintage Clothing
29 East Cross • 481-0555

FEBRUARY IS HEART MONTH
Eat "Hearty" for Good Health

by Nancy Schlabach

Come join us at the Ypsilanti Food Co-op for low-fat, high fiber recipe ideas to help you survive the "all American" high-fat, high-calorie diet. We will be having a demonstration on Sat. February 14, at the Co-op between 10 a.m. and 3 p.m. You will have the opportunity to sample a variety of dishes and collect a few recipes. Plan to shop that day and sample the low-fat dishes while you are at the Co-op.

Learn how to estimate the amount of fat in your diet and how to make better food choices with whole grains, dried beans, fruits, vegetables, fish and poultry.

For Valentine's Day dinner, take home healthy low-fat recipes that say how much you really care. Happy Valentine's Day from the Ypsilanti Food Co-op. We care about your health and want to encourage good eating habits for people in our community. For more info. call 483-1520.

YPSI FOOD COOP
WHOLE NATURAL FOOD IN BULK
OR SMALL QUANTITIES
M.,T.,Th.,F. 10-7 Wed. 10-9 312 N. River
483-1520 Sat. 9-7 Sun. 12-5

"February is National Heart Week," and the Ypsilanti Food Co-op is offering a free demonstration on how to eat "Hearty" for good health. The demonstration will be held at the Co-op on February 14, 10 a.m. - 3 p.m. You can learn how to estimate the amount of fat in your diet and how to lower that level by choosing whole grains, dried beans, fruits, vegetables, fish and poultry. There will also be recipes available at the demonstration. For more information call 483-1520.

Miller's
Ice Cream
42 E. Cross
•
Historic Depot Town
OPEN ALL YEAR!